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CURRENT SERIAL RECORDS



VEGETABLES and FRUITS FOR VITAMIN A

a good choice for the thrifty family

These Vitamin A
Foods are almost
always Good Buys



Fresh Collards,
Kale, Turnip
and other greens



DARK GREENS



Carrots



Sweetpotatoes



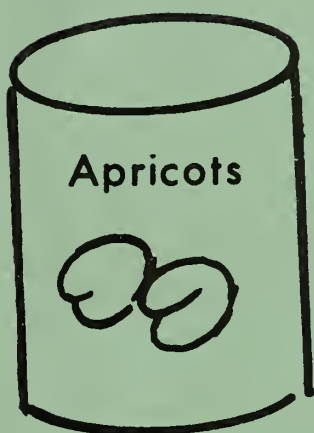
DEEP YELLOWS

EAT ONE OR MORE VITAMIN A
FOODS EVERY OTHER DAY



Some Vitamin A foods are Good
Buys at certain times of the year

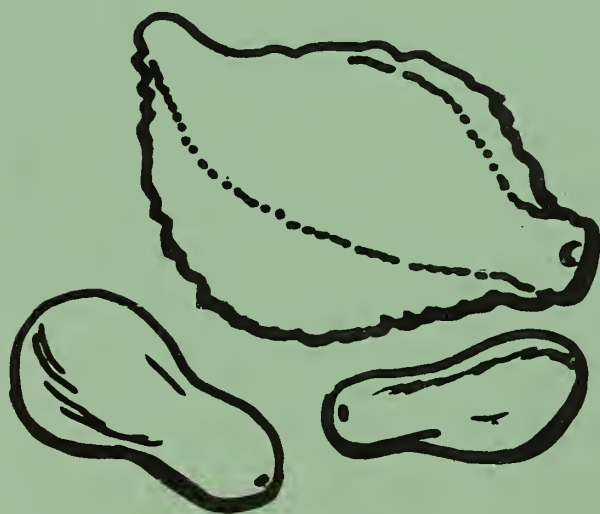
Buy These Foods
When They are
Low in Cost



Red Peppers



Cantaloup



Hubbard and
Butternut Squash



FRESH

Broccoli